

# VITAMIN

# D



# BULLETIN

## What are the experts saying?

Because Vitamin D is so cheap and so clearly reduces **all-cause mortality**, I can say with all certainty: Vitamin D represents the single most cost-effective medical intervention in the United States!"

*Dr. Greg Plotnikoff, Medical Director, Penny George Institute for Health and Healing, Abbott Northwestern Hospital in Minneapolis*

### The Athlete's Edge

FASTER, QUICKER, STRONGER with VITAMIN D

*By Dr. John Cannell, M.D.*

"Vitamin D gives athletes a definitive advantage over their competitors... improves muscle tone, muscle strength, balance, reaction time and physical endurance as well as immunity and general health."

### Powerful Medicine

*Dr. Lucinda Messer, M.D.*

"Vitamin D deficiency is a worldwide epidemic with over one billion people at risk for its associated diseases. A deficiency in Vitamin D is the main reason we have skyrocketing incidence of Cancer, MS, Diabetes, Osteoporosis, Depression, Seasonal Affects Disorder, Autism, Hypertension and more."

### Power of Vitamin D

*By Dr. Sarfraz Zaidi, M.D.*

"There is a direct link between Vitamin D deficiency and cancer, heart disease, diabetes, high blood pressure, kidney disease, fibromyalgia, chronic fatigue, osteoporosis, arthritis, lupus, MS, asthma, thyroid diseases, dental problems and depression."

### WHICH D3 IS BEST ?

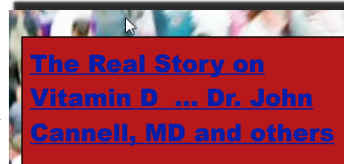
In May of 2010 my wife Cathy had her annual physical which showed that her Vitamin D level was low. Dr. Rich wrote a prescription for a Vitamin D 50,000 IU capsule for her to start taking once a week. She was faithful in taking this for 16 months. At her next physical her D levels had gone up from 18 to 30. The Optimal Range is 30-100.

Meanwhile, when I went for my annual physical and blood work my Vitamin D level also showed up low. Dr. Rich suggested the Vitamin D prescription for me also, but I told him that I would rather try a different approach. I called and ordered Shaklee's Vitamin D supplement. I began to add one 1000 IU Shaklee Vita-D to my normal daily Vita-Lea (2). Thus I was getting 12,600 IU of Vitamin D a week from my Shaklee supplements compared to my wife's 50,000 IU in a prescription capsule. I was faithful in taking my supplements daily. One year later, I was happy to find that my Vitamin D level had rose from 20 to 31. So my Shaklee supplements had basically the same results for me as the prescription had for my wife, but with a **substantially less intake of Vitamin D.**

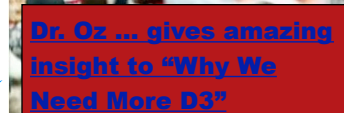
Why the difference? ... I think we all know! Plus, it cost less for me to add the Shaklee Vita-D (less than \$8.00) to my daily routine than it did for my wife to pay for her prescription capsules. Tom Leenheer

**NOTE:** Dr. Sandy Bevacqua feels that everyone's Vitamin D level needs to be 70 at minimum for optimal health.

Many experts feel that the daily dosage needed by kids is 2,000 units of D3 and for adults it should be 4-5,000 units. Watch these "eye-opening videos for more details."



VITAMIN D DEFICIENCY



The **MOST COMMON** medical condition in the **WORLD!**

With sometimes devastating, even fatal consequences!

**CONTACT:**